



## IOWA VETERANS HOME

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For immediate release

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### **IVH and SATUCI Sponsor Upcoming Ride For Recovery**

The Iowa Veterans Home (IVH) and the Substance Abuse Treatment Unit of Central Iowa (SATUCI) will host a Ride for Recovery on Sunday, September 28<sup>th</sup>. The Ride for Recovery coincides with other National Recovery Month events across the country.

“Almost everyone’s life has been touched in some way by substance abuse, whether your own, a family members’ or a friends’. This ride is to show support for all people who are trying to make positive choices in their lives,” said IVH Social Worker Mike Groh.

IVH Substance Abuse Counselor Judy Dostal comments, “Many veterans lives have been touched by substance abuse and the process of recovery is reclaiming their lives and helping them move in a positive direction.”

The 10-mile bicycle ride will begin at 2:00 pm at Riverview Park and will wind through the bike trails through Marshalltown to Mega-10 Park and back to Riverview Park.

Mayor Gene Beach recently signed a proclamation recognizing September as National Alcohol and Drug Addiction Recovery Month. For the 22.6 million people in the United States suffer from substance use disorders, asking for help and finding treatment is essential to getting back to a healthy, fulfilling life through recovery.

For more information about National Recovery Month or the Ride for Recovery, contact Judy Dostal at 753-4377 or Shannon Chyma at 752-5421.

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[photo caption]

*Mayor Gene Beach signs a proclamation in recognition of National Alcohol and Drug Addiction Recovery Month, while representatives from SATUCI and Iowa Veterans Home look on.*